



## COVID-19 Patient Instructions After Saliva-Based Testing

### WHAT SHOULD I DO WHILE I WAIT FOR MY RESULT?

- Continue to practice social distancing, wash hands frequently, and wear a face covering while in public or when unable to social distance.
- If you develop symptoms, if your symptoms get worse or if you develop additional symptoms, notify your healthcare provider immediately for further instructions.
- If you provided an email address you will receive an email with your results within 3 days from the laboratory performing the test. If 3 days have passed and you did not receive an email with your results call CurativeInc at 866-951-3900 or email them at: [support@curativeinc.com](mailto:support@curativeinc.com).
- If you did not provide an email address, but you did provide a phone number, you will receive a phone call from the Delaware Division of Public Health within 5 business days with your results.

### WHAT SHOULD I DO IF I TEST POSITIVE?

- A representative from the Delaware Division of Public Health will call to discuss your positive results with you, ask questions about your symptoms and ask about anyone you have been in close contact with (within 6 ft for 10 minutes or more) over the last 14 days.
- Notify your close contacts and let them know they should self-isolate at home for 14 days since their last contact with you. This includes your family members and anyone who lives with you.
- Self-isolate in your home until each of the following conditions are met:
  1. It has been at least ten days since your symptoms first appeared **AND**
  2. It has been at least three days since you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving (e.g., cough, shortness of breath).
- Practice social distancing for seven days since you last had symptoms. While you do not have to remain in isolation, you may not return to work until seven days after your symptoms have gone away.
- Continue to self-monitor for symptoms for fourteen days since you last had symptoms.
- If your symptoms get worse or if you require hospitalization, notify your healthcare provider immediately and follow instructions about wearing a mask when you arrive to the facility.

### WHAT DO I DO IF MY TEST IS NEGATIVE?

- If your test is negative and you had a **known exposure** to a confirmed case, quarantine until 14 days after your exposure.
- If your test is negative and you had **no known exposure** to a confirmed case and you are **asymptomatic** (do not have symptoms), you can stop self-quarantine. Continue to practice social distancing from others.

- If your test is negative and you had **no known exposure** to a confirmed case, but you are **symptomatic**, you may have another respiratory infection that is circulating in the community. Avoid work and group settings until three days after you have not had a fever (without using fever-reducing medications) and your respiratory symptoms are improving.

## RESOURCES FOR MORE INFORMATION

- For more information, visit [DE.gov/Coronavirus](https://de.gov/coronavirus).
- For information on the differences and requirements of Quarantine vs. Isolation, click [here for English](#), click [here for Español](#), and click [here for Haitian-Creole](#).
- Help is available. Contact [Delaware 211](#) by calling 2-1-1 or text your zip code to 898-211.